

Exhibit "O"

Wash YOUR hands

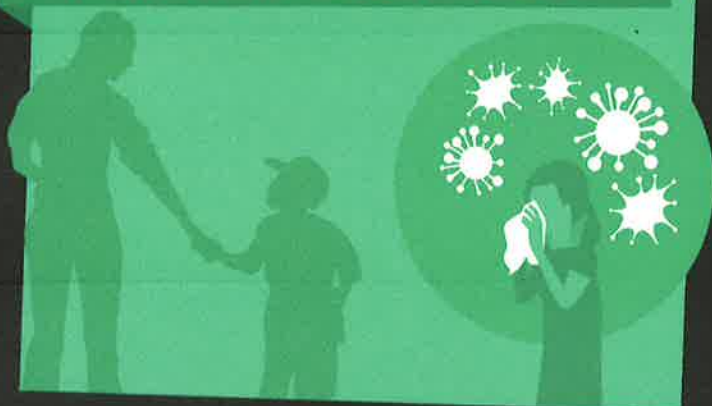
1. Wet and apply soap
2. Lather for 20 seconds
3. Rinse
4. Dry with paper towel

COVID
CORONAVIRUS
DISEASE
19

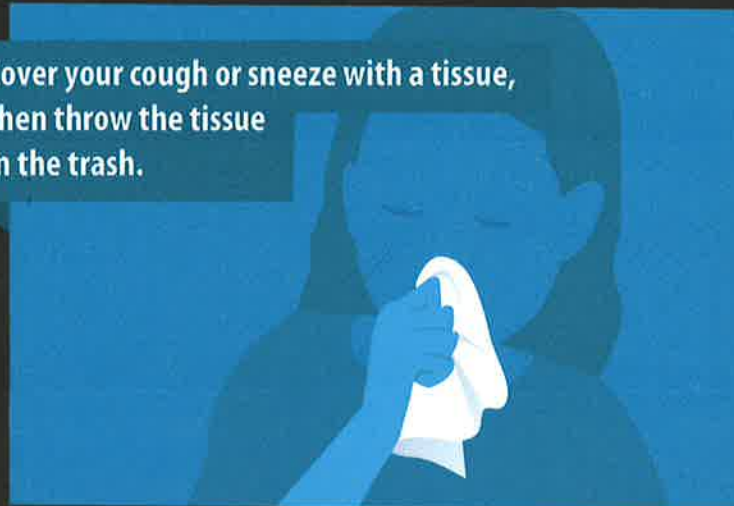
STOP THE SPREAD OF GERMS

Help prevent the spread of respiratory diseases like COVID-19.

Avoid close contact with people who are sick.



Cover your cough or sneeze with a tissue, then throw the tissue in the trash.



Avoid touching your eyes, nose, and mouth.



Clean and disinfect frequently touched objects and surfaces.



Stay in your cell when you are sick, except to get medical care.



Wash your hands often with soap and water for at least 20 seconds.



Lávese LAS manos

1. Mójese y appliqué jabón
2. Enjabonar por 20 segundos
3. Enjuagar
4. Secarse con toalla de papel

DETENGA LA PROPAGACIÓN DE LOS MICROBIOS

Ayude a prevenir la propagación de enfermedades respiratorias como el COVID-19

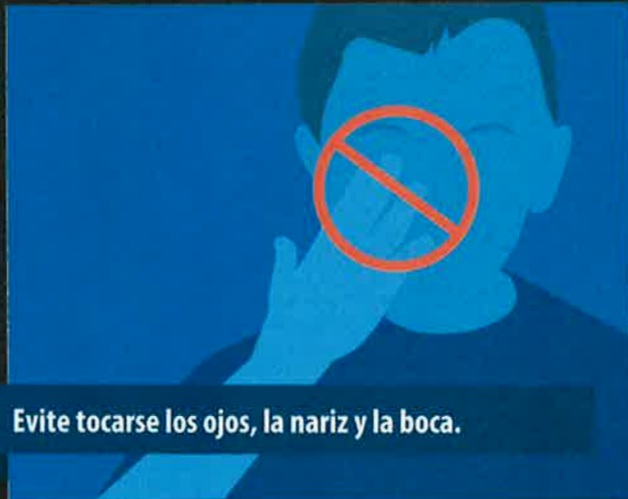
Evite el contacto cercano con las personas enfermas.



Cúbrase la nariz y la boca con un pañuelo desechable al toser o estornudar y luego bótelo a la basura.



Evite tocarse los ojos, la nariz y la boca.



Limpie y desinfecte los objetos y las superficies que se tocan frecuentemente.



Quédese en casa si está enfermo, excepto para buscar atención médica.



Lávese las manos frecuentemente con agua y jabón por al menos 20 segundos.



cdc.gov/COVID19-es

LAUNDRY WORKERS:

Please follow these instructions when handling dirty clothing, towels, linens and other items that go in the laundry:

- Wear disposable gloves when handling dirty laundry from any person and then discard after each use. Do not use these gloves for anything other than handling dirty laundry. Clean hands immediately after gloves are removed.
- If no gloves are used when handling dirty laundry, be sure to wash hands afterwards.
- If possible, do not shake dirty laundry. This will minimize the possibility of dispersing germs through the air.
- If possible, launder items using the warmest appropriate water setting for the items and dry items completely. Dirty laundry from an ill person can be washed with other people's items.
- Clean and disinfect clothing bins and surfaces that dirty clothes have come in contact with. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

This information has been provided by the Center for Disease Control (CDC).



COVID-19 COMPARISON

CORONAVIRUS vs. COLD vs. FLU vs. ALLERGIES

SYMPTOMS	COVID-19*	COLD	FLU	ALLERGIES
Fever	Common (100F or higher)	Rare	High (100-102F, can last 3-4 days)	No
Headache	Sometimes	Rare	Intense	Sometimes
General aches, pains	Sometimes	Slight	Common (often severe)	No
Fatigue, weakness	Sometimes	Slight	Common (often severe)	Sometimes
Extreme exhaustion	Sometimes (progresses slowly)	Never	Common (starts early)	No
Stuffy nose	Rare	Common	Sometimes	Common
Sneezing	Rare	Common	Sometimes	Common
Sore throat	Rare	Common	Common	No
Cough	Common	Mild to moderate	Common (can become severe)	Sometimes
Shortness of breath	In more serious infections	Rare	Rare	Common
Runny nose	Rare	Common	Sometimes	Common
Diarrhea	Sometimes	No	Sometimes**	No

* Information is still evolving ** Sometimes for children



OKLAHOMA
State Department
of Health



INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336 OR 2-1-1



OKLAHOMA COVID-19 RESOURCES

**A place for Oklahomans to find services and
information related to the COVID-19 virus**
<http://covidresources.ok.gov/>

- Oklahoma's Health Response to COVID-19
- Center for Disease Control Update
- Aid for Small Businesses for Actual or Projected Economic Injury
- Unemployment Aid
- SNAP, SoonerCare or Child Care assistance
- Child Support Assistance
- Oklahoma Tax Commission
- Birth or Death Certificates
- Vehicle Tag Renewal



OKLAHOMA
State Department
of Health



THD
TULSA HEALTH
Department

INFORMATION + UPDATES
CORONAVIRUS.HEALTH.OK.GOV
CALL CENTER: 877-215-8336

COVID-19
**CALL
CENTER**

OPEN 24 HOURS

877-215-8336 OR 2-1-1

